# Chicken & Pesto Risoni

with Parmesan & Chargrilled Capsicum Relish

Grab your Meal Kit with this symbol











Green Beans



Diced Chicken







Baby Spinach Leaves

Basil Pesto





Chargrilled Capsicum Relish

**Grated Parmesan** Cheese

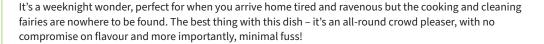
Hands-on: 10-20 mins Ready in: 15-25 mins

**Calorie Smart** 



Eat Me Early





**Pantry items** Olive Oil

### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

 ${\sf Medium\, saucepan \cdot Large\, frying\, pan}$ 

## Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
green beans	1 bag (100g)	1 bag (200g)	
risoni	1 packet	1 packet	
diced chicken	1 packet	1 packet	
garlic & herb seasoning	1 sachet	1 sachet	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
basil pesto	1 packet (50g)	1 packet (100g)	
chargrilled capsicum relish	½ packet (25g)	1 packet (50g)	
grated Parmesan cheese	1 packet (30g)	1 packet (60g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2426kJ (580Cal)	721kJ (172Cal)
Protein (g)	49.2g	14.6g
Fat, total (g)	22.9g	6.8g
- saturated (g)	5.4g	1.6g
Carbohydrate (g)	41.8g	12.4g
- sugars (g)	4.7g	1.4g
Sodium (mg)	865mg	257mg

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Get prepped

- Boil the kettle. Trim and halve green beans.
- Half fill a medium saucepan with boiling water. Cook risoni in boiling water over a high heat until 'al dente', 7-8 minutes.
- Drain, then return **risoni** to the pan and set aside.

TIP: 'Al dente' risoni is cooked through but still slightly firm in the centre.



# Bring it all together

• Add chicken, green beans, baby spinach leaves, basil pesto, chargrilled capsicum relish (see ingredients) and 1/2 the grated Parmesan cheese to the cooked risoni. Stir until combined, then season to taste.



# Cook the chicken & greens

- While risoni is cooking, heat a large frying pan over a high heat with a drizzle of olive oil.
- When oil is hot, cook diced chicken and green beans, tossing occasionally, until browned and cooked through, 4-6 minutes.
- In the last 1-2 minutes of cook time, add garlic & herb seasoning and toss to coat.



# Serve up

- Divide chicken and pesto risoni between bowls.
- Sprinkle over remaining Parmesan cheese to serve.

# Enjoy!